

## West Bergen's Social Anxiety Teen Group

- *School Refusal?*
- *Reluctance to participate in class activities?*
- *Frequent Absences?*
- *Excessive trips to the nurse?*
- *Social Isolation?*
- *Fear of Social Situations?*
- *Limited Peer Relationships?*

The Social Anxiety Group will focus on:

- Understanding the cognitive, physical and behavioral features associated with social anxiety
- Applying this knowledge to exposure situations that the students will practice in the group as well as specific social environments.
- Parents will be involved at the beginning and at specific junctures throughout.



Participation is limited. For more information contact Eve Thaler, LPC, Staff Therapist, at (201) 444-3550 ext. 7127.

To register contact the West Bergen Access Center at 201-485-7172.

[www.westbergen.org](http://www.westbergen.org)

